

## I'M NEW HERE

New citizens of Torrance who made first appearances recently at local hospitals include:

Laura Eileen, daughter of Mr. and Mrs. William Hylton of 19205 Ronald Ave., born Aug. 22.

Grtly Lynn, son of Mr. and Mrs. Arthur L. Walker of 21833 South Hanson Ave., born Aug. 23.

Yvonne Inez, daughter of Mr. and Mrs. Eddie Flores of 4706 Carmelyst St., born Aug. 29.

William Moor, son of Mr. and Mrs. William M. McLurg of 5626 Riviera Way, born Aug. 30.

Todd Edward, son of Mr. and Mrs. John E. Snyder of 2714 Normallin St., born Sept. 2.

Linda Lois, daughter of Mr. and Mrs. Robert H. Santiman of 5602 Rockview Dr., born Sept. 3.

Mark Alexander, son of Mr. and Mrs. Alex B. Coates, Jr. of 22735 Madison St., born Sept. 4.

James Scott, son of Mr. and Mrs. James T. Nady of 710 Madrid Ave., born Sept. 5.

Scott Alan, son of Mr. and Mrs. Ward A. Spoonmore of 21414 Palos Verdes Blvd., born Sept. 5.

Glenn Christopher, son of Mr. and Mrs. William G. Norkas of 3219 - 186th St., born Sept. 7.

A son to Mr. and Mrs. Homer E. Allie of 3206 Sonoma, born Sept. 9.

Brett Alan, son of Mr. and Mrs. Keith Weideman of 3121 Sonoma, born Sept. 9.

John Zachary, son of Dr. and Mrs. John A. Sarconi of 21422 Dolores, born Sept. 9.

Carolyn Lavonne, daughter of Mr. and Mrs. William H. Cauty of 3232 W. 187th St., born Sept. 10.

Mark Sherman, son of Mr. and Mrs. Joseph S. Williams of 1426 W. 218th St., born Sept. 10.

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## Housewives Who Wish to Work Are Offered Course

Registrations are still being accepted by the YWCA for two classes designed to aid women interested in "going back to work," according to Miss Carol Wood, executive director.

Sept. 10. Andrew Elliott, son of Mr. and Mrs. Arnold A. Katz of 22803 Fern Ave., born Sept. 14.

Perry David, son of Mr. and Mrs. Frederick W. White of 2603 Dalemead St., born Aug. 13.

Corrine Michelle, daughter of Mr. and Mrs. Calvin W. Smith of Huntington Beach, born Aug. 14.

Michael David, son of Mr. and Mrs. Donald Ray Dials of 1818 Morgan Lane, Redondo Beach, born Aug. 15.

John Dimitrios, son of Mr. and Mrs. Winitrios J. Roumeliotis of 5960 Walnut Ave., Long Beach, born Aug. 16.

Jennifer Lee, daughter of Mr. and Mrs. Robert B. Schieve of 18801 Hawthorne Blvd., born Aug. 16.

of Mr. and Mrs. Edgar Jack Watt of 1020 Lomita Blvd., Lomita, born Aug. 16.

Tamera Sue, daughter of Mr. and Mrs. Mickey Lee Cooksey of 716 Border Ave., born Aug. 17.

Lisa Ann, daughter of Mr. and Mrs. Pedro Bengochea of 4575 W. 165th St., Lawndale, born Aug. 19.

Sandra Louise, daughter of Mr. and Mrs. Elmer Joseph Furman of 1722 W. 150th St., Gardena, born Aug. 19.

William Edward, son of Mr. and Mrs. Louis Julius Lisoni of 1820 Cabrillo Ave., born Aug. 19.

Cynthia Louise Yolanda, daughter of Mr. and Mrs. Guillermo Ramirez of 13900 Inglewood Ave., Hawthorne, born Aug. 19.

A son to Mr. and Mrs. David E. Miles of 22715 Cerise St., born Aug. 27.

A son to Mr. and Mrs. Bruce T. Shrom of 2258 W. 231st St., Lomita, born Aug. 30.

A son to Mr. and Mrs. Franklin Desmond Bryant of 19812 Halson Place, born Sept. 2.

A son to Mr. and Mrs. John W. Felder of 4111 Artesia Blvd., born Sept. 7.

Orientation for the morning sessions, which are conducted on Wednesdays, was last week. Evening orientation will be Tuesday evening, Oct. 8.

Purpose of the course is to aid women who wish to re-enter the labor market to learn what type of employment they are suited for, and where and how to apply for a job.

Co-operating with the YWCA in offering the course is the State Department of Employment.

Programs will include: aptitude and interest testing, individual counseling, and resource speakers who will probe the overall labor market as well as specific opportunities in specific fields.

They will discuss training opportunities available in this area, successful job interview procedure, and preparation of a job resume.

Persons interested in registering in either session are asked to contact Miss Wood at FA 0-2255.

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## WOMAN IN WHITE

By ETHELYN BATTLES, LVN

MEETING BODY NEEDS — Some times the craving for a certain food may be the key to diagnosis and treatment.

Which brings to mind the case my grandfather, a country doctor, told about. The patient was a wealthy farmer who decided to go to a city doctor. The man returned home and after some time did not improve.

Finally he consulted my grandfather who asked him if he had a craving for any particular food. When he replied that he did and told him what it was, he was advised to eat enough to satisfy his craving. The man did and soon recovered.

The case illustrates the importance of meeting a need of the body with the proper food. It is not always as simple as that, however. A medicine may be necessary so it is best to consult your doctor if you have this symptom.

The familiar saying "we are what we eat" may bear more truth than we care to believe when we add up the rich foods we eat; the hamburgers, french fries, and soft drinks (particularly the diet of the teenagers).

FOODS FOR FITNESS — include seven groups: meat, fish, poultry, eggs, milk and cereals; butter or margarine; fruits including a citrus; green and yellow vegetables; such as potatoes.

Each of these groups of foods is essential for our daily diet. Together they provide the body with the necessary nutrients — the proteins, carbohydrates, fats, vitamins and minerals.

The daily diet should also include a food with cellulose or bulk, and adequate amounts of water.

PURPOSE OF FOOD is to build and repair body-tissue, to provide heat and energy, and to regulate body processes.

WHAT IS A CALORIE? A calorie is a unit of heat by which the heat energy of food is measured. The results indicate the number of calories in proteins, carbohydrates, and fats.

The number of calories needed by an individual is determined by a number of factors such as age, activity, and physical condition. If a diet includes more carbohydrates and fats than needed overweight can result.

DIET THERAPY — Diets which are planned to aid in the treatment of disease are based on the normal diet and altered according to the condition of the patient. There are many kinds of diets. Examples that one frequently hears about include:

LOW CHOLESTEROL — This diet omits foods that are high in cholesterol such as pork, egg yolk, whole milk, cheese, butter, shrimps and oysters, lard and solid shortening.

THE DIABETIC DIET is calculated to meet the patient's needs and regulated to his individual condition. Insulin is prescribed to supply the amount lacking in the body unless the disease is very mild.

A HIGH CALORIE DIET provides more calories than would be needed under normal conditions for a person. He may be very underweight or have a fever. Extra calories are needed to prevent burning up body tissues in fevers.

The LOW SALT DIET permits a very small amount of salt added to the food and

it may be limited to unsalted foods, allowing a minimum of foods containing salt.

PREPARATION OF FOODS — Foods for patients should be attractively prepared and as appetizing as possible. Garnishes add to the taste, and give a colorful touch. A low salt diet can be improved in of diet therapy.

Patients should be attractively prepared and as appetizing as possible. Garnishes add to the taste, and give a colorful touch. A low salt diet can be improved in of diet therapy.

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